

Why We Make Healthy Food Choices

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Students create a slogan that reflects the importance of being aware of their eating habits. Students can create a mural and set up a station outside of the cafeteria so they can encourage their peers to think about healthy eating as well.

Why Do It?

What you choose to fuel your body with is important. In this activity, students take a moment to give their eating habits some extra thought.

How Do We Do It?

Draw a "gingerbread" body outline on poster paper. Students write or illustrate responses on the body shape to illustrate the importance of being aware of their eating habits. For example, they could draw a smile to represent feeling great, big arm muscles to show strength and health, and a glowing brain to show good mental health.

Create a slogan to promote the importance of eating healthy. Share your slogans and vote on one to be recorded along the top of the poster.

Display the poster in a public place at school for all to see.

What Else Do We Need?

- Markers
- Poster paper

How Do We Get Creative?

Small groups create their own poster promotion for their own slogan.

Students create goals based on the importance of self-monitoring.

Adapted from: Ophea. (2015). Level Up.